7th Annual Atlantic Intensive Throws Clinic

Please RSVP wymer.brad@iowacityschools.org with how many coaches and athletes will be attending.
Please indicate which clinic you are RSVPing for.

DATE:
Saturday March 11th.
TIME:
Registration at the door 8:30-9:00.
Opening remarks as close to 9:00 as possible and closing remarks will be between 5:30 and 6:00.
WHO:
Coaches and Athletes
COST: If paying by check please make checks payable to BRAD WYMER
Cost for the clinic is $55. Lunch will be included in this price. 1 Coach is free with 3 athletes
A DVD has been produced which includes footage of all of the drills and additional drills each with explanations of the purpose of the drill. This DVD will be available at the clinic for the clinic price of $45.

WHERE:
Atlantic High School
1201 East 14th Street
Atlantic, Iowa 50022
http://maps.google.com/maps?hl=en&cp=5&gs_id=d&xhr=t&tok=yqfvkZPPw4m1FnA_r-lpog&gs_upl=&bav=on.2,or.r_gc.r_pw.,cf.osb&biw=1280&bih=595&wrapid=tljp132611629093408&um=1&ie=UTF-8&cid=0,0,13889007525846444261&fb=1&hq=atlantic+high+school&hnear=0x87ee5e6ff1f86019:0xc6ef634a57c759d9,Iowa&gl=us&daddr=Atlantic,+Iowa&geocode=0,41.3961,-94.996099

The format will be "Learn by Doing". Technical philosophy and analysis of a segment of the throw will be immediately followed by coaches and athletes addressing drills that teach that aspect.

Shot Put:
Power Position Fundamentals
Glide Technique
Analysis and Technique Development
Rotational Shot Put
Analysis and Technique Development
Discus:
Introduction to the discus – Techniques and considerations for the front of the ring.
Starting the full throw/Developing the transition from the back of the ring to the middle of the ring.
Transitioning from the middle of the ring to the throw.

Weight Room and Throws Specific Strength Training:
Developing the throwing athlete

Brad Wymer
Solon High School
Track and Field

USATF Olympic Development Emerging Elite Selection 2009
Assistant Coach of the Year recipient
State Meet Record Boy's Discus 192'6"
Former State Meet Record Girl's Discus 156'4"
Former State Meet Record Girl's Shot Put 3rd Iowa All Time Best 48'7"
Former All time Iowa Record Girl's Discus 166'10"
1 Paralympic Games Discus Finalist Rio 2016 (8th Place)
4 All Americans
19 State Champions **13 Drake Relays Champions**
11 State Runners-up **3 Drake Relays Runners-up**
Multiple State Place Winners